



When I am making any other rice dish, I make extra rice for this wonderful dessert or breakfast treat.

## Ingredients

- 3 cups (750 mL) cooked brown rice, prepared according to instructions on package
- 6 eggs, well-beaten
- 1½ cups (375 mL) milk (almond, coconut or rice milk can be substituted)
- ½ cup (125 mL) maple syrup
- 1 tsp (5 mL) vanilla
- 1 tsp ( 5 mL) cinnamon
- 1 apple, grated (optional)
- ¼ cup (60 mL) freshly ground flax(optional)
- 2 tbsp (30 mL) flax oil (optional)
- 1 cup (250 mL) yogurt (optional)

## Instructions

1. Mix together first six ingredients (and the grated apple if you are using it) and pour into a buttered casserole dish.
2. Bake in a preheated 350°F (180°C) oven for 30–40 minutes or until firm. The pudding should be thick, not runny.
3. Once cooled, stir in flax, oil, or yogurt if desired.

This can be served hot or cold for breakfast. Applesauce or whipped cream can top this great treat.

Makes 4 servings.